

# FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family  
of services.  
A family  
that serves.

## LUNCH MENU OPICA

### MARCH 2020

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>2</b><br>Egg Drop Soup<br><b>CASHEW CHICKEN</b><br>Jasmine Brown Rice<br>**Carrots & Zucchini w/ Herbs<br>*Coleslaw<br>Mixed Fresh Fruit Cup<br>Week 6  | <b>3</b><br><b>BEEF STUFFED BELL PEPPER</b><br>Tomato Sauce<br>Rye Bread<br>**Broccoli Crowns<br>***Mixed Salad<br>1000 Dressing<br>Vanilla Pudding  | <b>4</b> Butternut Squash Soup<br><b>BAKED FISH W/ CILANTRO SAUCE</b><br>Vegetable Barley Pilaf<br>Peas and Onions<br>**Spinach Salad w/ Tomato<br>Vinaigrette Dressing<br>*Orange   | <b>5</b><br><b>CHICKEN DIJON</b><br>Brown Rice Pilaf<br>Green Beans w/ Olive Oil<br>*Beet w/ Mandarin<br>Orange Salad<br>Fresh Fruit in Season                                    | <b>6</b> <u>LENT MENU</u><br>Minestrone Soup<br><b>VEGETABLE LASAGNA</b><br>Vegetables in Entrée<br>Noodles in Entrée<br>WG Roll (1)<br>Mesclun Salad Mix<br>Italian Dressing<br>Mango & Pineapple |
| <b>9</b><br>Tomato Basil Soup<br><b>TUNA NOODLE CASSEROLE</b><br>Whole Grain Roll (1)<br>**Broccoli<br>**Spinach Salad<br>Vinaigrette Drsg.<br>*Orange or Strawberries<br>Week 1                         | <b>10</b><br>*Orange Juice<br><b>TANDOORI STYLE CKN</b><br>Pita Bread<br>Brown Rice<br>**Ginger Carrots<br>Mesclun Salad Mix<br>Ranch Dressing<br>Banana                                   | <b>11</b><br><b>SPAGHETTI w/ BEEF MEATBALLS</b><br>WG Pasta w/ Tomato Sauce<br>Italian Vegetable Blend<br>Caesar Salad w/ Dressing<br>***Cantaloupe or<br>**Tangerine  | <b>12</b><br><b>TARRAGON TURKEY STEW</b><br>Biscuit (1)<br>Stew Vegetables in Entrée<br>*Green Salad<br>Italian Dressing<br>Fresh Fruit Cup                                       | <b>13</b> <u>LENT MENU</u><br>Tortilla Soup<br><b>VEGE QUICHE</b><br>WG Roll (1)<br>Black-Eyed Peas<br>***Cabbage Kale Salad w/ Celery<br>1000 Island Dressing<br>Apple or Applesauce              |
| <b>16</b> *Orange Juice<br><b>ROAST TURKEY BREAST</b><br>Gravy & Cranberry Sauce<br>WG Bread Stuffing<br>**Fresh Whole Yam<br>Romaine Salad<br>Ranch Dressing<br>Fresh or unsweet canned Peach<br>Week 2 | <b>17</b><br><u>ST PATRICK MENU</u><br>*Orange Juice<br><b>CORNED BEEF</b><br>Rye Bread (1)<br>Red Potatoes<br>Steamed Cabbage<br>**Carrots<br>Vanilla Pudding                             | <b>18</b><br><b>SW SHREDDED CHICKEN</b><br>Corn Tortilla (1)<br>Pinto Beans<br>*Shredded Cabbage,<br>Tomato w/ Cilantro<br>1000 Island Dressing<br>Fresh Fruit Cup   | <b>19</b> Red Bean Ginger Soup<br><b>BEEF VEGETABLE STIR FRY</b><br>Jasmine Brown Rice<br>Vegetables in Entrée<br>***Spinach Salad w/ Mandarin Orange<br>Asian Dressing<br>Banana | <b>20</b> <u>LENT MENU</u><br><b>BAKED ZITI</b><br>WG Roll (1)<br>**Carrots & Green Pea<br>Mixed Green Salad<br>*Cantaloupe or Orange or Tangerine   |
| <b>23</b> Veg Blk Bean Soup<br><b>CARIBBEAN CHICKEN</b><br>Brown Rice<br>Corn<br>***Mixed Salad<br>1,000 Island Dressing<br>Apple or Applesauce<br>Week 3  | <b>24</b> *Orange Juice<br><b>TURKEY BOLOGNESE W/ PENNE WG Pasta</b><br>Herbed Zucchini & Cauliflower w/ Olive Oil<br>Caesar Salad<br>Caesar Dressing<br>Peach, Pear or Grapes             | <b>25</b><br>Albondogas Soup<br><b>FISH SANDWICH</b><br>WG Roll or Bun<br>**Whipped Sweet Potato or Yam<br>***Broccoli Salad<br>Lemon Pudding  | <b>26</b><br><b>CHICKEN ADOBO</b><br>WG Roll<br>Barley w/ Herbs<br>**Carrots w/ Fresh Herbs<br>*Coleslaw<br>Fresh Fruit in Season   | <b>27</b> <u>LENT MENU</u><br><b>CHEESE ENCHILADA CASSEROLE</b><br>Pinto Beans<br>Mesclun Salad Mix<br>Cilantro Dressing<br>*Fruit Cup w/ Mandarin, Pineapple and Mango                            |
| <b>30</b><br>*Orange Juice<br><b>SHEPHERDS PIE (tky)</b><br>WG Roll (1)<br>**Broccoli<br>Assorted Salad Greens<br>Ranch Dressing<br>Fresh Pear<br>Week 4   | <b>31</b> <u>CESAR CHAVEZ</u><br>*Orange Juice<br><b>CHICKEN MOLE</b><br>Spanish Brown Rice<br>Flour Tortilla (1)<br>**Peas & Carrots<br>Tomato Cucumber Salad<br>Italian Dressing<br>Flan | * = contain Vitamin C<br>** = contain Vitamin A<br>*** = Vitamin A & C<br>  |    |  |

MENU SUBJECT TO CHANGE

THANK YOU FOR YOUR DONATION

THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER. A NON-SECTARIAN PROGRAM OF JEWISH FAMILY SERVICE OF LOS ANGELES, THE CITY OF LOS ANGELES AND THE CITY OF WEST HOLLYWOOD. THIS PROJECT IS FUNDED IN WHOLE OR IN PART BY THE COUNTY OF LOS ANGELES FROM FUNDS MADE AVAILABLE UNDER THE OLDER AMERICANS ACT RECEIVED BY THE COUNTY. JFS IS A BENEFICIARY OF THE JEWISH FEDERATION AND THE UNITED WAY.



A family  
of services.  
A family  
that serves.

# FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM

## LUNCH MENU

### OPICA

MENU SUBJECT TO CHANGE

**THANK YOU FOR YOUR DONATION**

THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER. A NON-SECTARIAN PROGRAM OF JEWISH FAMILY SERVICE OF LOS ANGELES, THE CITY OF LOS ANGELES AND THE CITY OF WEST HOLLYWOOD. THIS PROJECT IS FUNDED IN WHOLE OR IN PART BY THE COUNTY OF LOS ANGELES FROM FUNDS MADE AVAILABLE UNDER THE OLDER AMERICANS ACT RECEIVED BY THE COUNTY. JFS IS A BENEFICIARY OF THE JEWISH FEDERATION AND THE UNITED WAY.